

Celebrating
life's
precious
moments



Choices

Center for Hospice Care

Issue 20

Making the most of life

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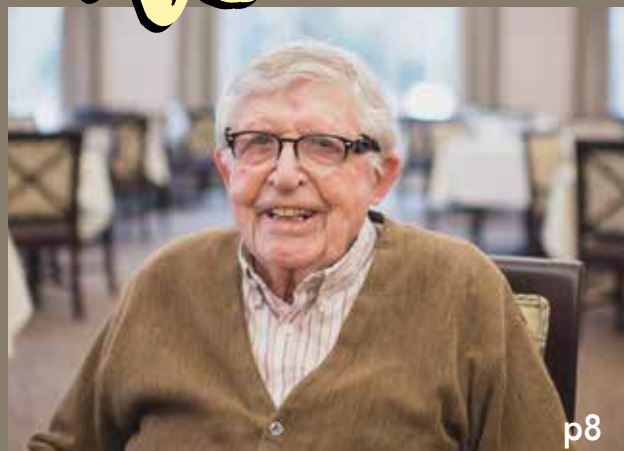
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From the President



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ON THE COVER:



Nolan Zent, along with his parents, Sheena and Stephen.

Choices

Center for Hospice Care
Making the Most of Life

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2019 Year in Review



Thanks to you and people like you, 2019 was another successful year for Center for Hospice Care (CHC), Hospice Foundation (HF), Global Partners in Care (GPIC), and CHC's Milton Adult Day Services programming.

For the sixth consecutive year, the total number of patients cared for by CHC was over 2,000. By annualized numbers of patients served, CHC continues

to rank in the top 3% of all hospice programs in America, and by numbers of patients served we are the largest non-profit hospice program in Indiana. With the only Medicare-certified hospice inpatient units in the region, CHC's Elkhart and South Bend facilities once again served over 600 patients for the fourth consecutive year.

Our five-year comprehensive campaign, "Cornerstones for Living: The Crossroads Campaign," ended in 2019 and by year's end had raised \$14,080,165, eclipsing the \$10 million campaign goal. Overall cash gifts received by the Hospice Foundation in 2019 totaled \$2,945,785. This is a record amount primarily thanks to multi-year pledge payments coming in from the Crossroads Campaign. Thanks to the generosity of a very giving community, we were able to continue our 39-year promise of never turning anyone away due to an inability to pay. In fact, during 2019 the value of charity care, write-offs, adjustments, etc. added up to a record \$2,576,914. Over the last five years charity and other free services have totaled nearly \$11 million in programming.

Part of that care includes bereavement services. Of the total bereaved clients served last year, 24% were from the community with no prior experience with CHC. Of the total individual/family counseling sessions, 64% were for our community clients. Individual and group counseling continues to be available to anyone dealing with the loss of a loved one anywhere within our service area at no charge. There were over 4,500 individual and group counseling sessions provided during 2019.

At CHC, we are joined in our work by a team of dedicated volunteers. During 2019, CHC hospice program volunteers worked 15,711 hours, the equivalent of over

7.5 full-time employees who never call in sick or take vacations. In addition, they drove 46,281 miles, nearly twice the circumference of the earth. Medicare requires our volunteers' work to be calculated and reported each year. CHC volunteers provided a dollar savings to CHC during 2019 totaling \$418,498.

This was the third year CHC has been operating Milton Adult Day Services. We provide a structured setting to adults who need health, social, and support services during the day. While everyone is welcome, Milton specializes in caring for people with Alzheimer's and dementia. Behind the scenes, much of 2019 focused on exploration and planning for a spectacular future in adult day services for this community. More to come!

On the international front, by the end of 2019, GPIC had 40 partnerships that are actively working together to enhance palliative care in 11 countries. Through GPIC, U.S. hospice and palliative care programs are partnered with similar programs in developing countries. GPIC's mission statement is to support compassionate care where the need is great, and resources are few by enhancing access to hospice and palliative care worldwide. Celebrating its 20th anniversary in 2019, GPIC has been a proud affiliate of HF since 2017. In the last 15 years, GPIC and U.S. partners have sent more than \$6 million to support the vital palliative care work of our partners on the ground. No donations to CHC or HF are ever sent overseas unless those donations are specifically designated to be used by GPIC for that purpose.

We sincerely appreciate whatever role you played in making 2019 a remarkable year for CHC and its affiliates. Our goal each day is a simple one: "To Improve the Quality of Living" wherever that might be. Whether at a residential home, nursing home, assisted living facility, group home, hospital, hospice inpatient unit, or a remote village in Uganda – that is where you will find us meeting our mission. Thank you very much for your ongoing interest and support.

Mark M Murray
President / CEO

The Hardest Lesson: Nolan's Precious Journey

By Kristiana Donahue

Parenthood is one of the most complex mysteries of humanity. It can bring so much joy and satisfaction, but there can also be frustration and grief. Parents love deeply and sacrificially. When a child is diagnosed with a critical medical condition, this love is tossed into an emotional blender with fear, insecurities, isolation and pure exhaustion. Simply going to the park, sledding in the backyard, or getting together with friends becomes nearly impossible as a result of the difficulties caring for a child who needs so much day-to-day care. Sheena Zent, a parent of one of Center for Hospice Care's pediatric patients, shared her family's story of their journey with their precious son, Nolan.

Sheena and her husband, Stephen, are both dentists and work together in their busy professional practice. Like many of us, they wanted to grow their family. About four years ago they welcomed their daughter, Naya, and then two years later Nolan was born. After a brief stay in the neonatal intensive care unit, everything seemed to be great with him. However, after a few months they noticed that Nolan wasn't meeting age-appropriate milestones. When they brought these concerns up with their physicians, they reassured the Zents that each child progresses at his or her own pace. But Sheena felt that something "just wasn't right."

Nolan lost all of his black hair, which can be common in early infancy, but the new growth came in white. "No child of mine is going to have blond or white hair," Sheena said. "I'm Indian and my husband has really dark hair too. We knew something wasn't right." At five months old, Nolan still wasn't holding his head up. They had started First Steps, an Indiana early intervention program, but they continued to dig for answers, a task that can prove very difficult. They finally went to the Chicago Children's Hospital to begin genetics testing. Through interactions, discussions and clinical testing with specialists, they determined that Nolan had Menkes disease. Genetic testing would help them determine which mutation and whether it was severe or mild. "We were hoping to get a lot of information, such as which doctors or specialists we would need to see," Sheena explained. "We got no information, so it was very discouraging. We were told that we were going to have to be the experts at this. We've never even heard of this. How could we be the experts? It was so overwhelming just digesting the information and feeling very lonely, with no direction. How do we help ourselves and how do we help him? It was a rough year figuring it out."

Having a child with a rare medical condition often means that parents become the experts, which is an intimidating position for parents who find themselves suddenly thrust into the medical world. The Zents were thrown into the role of advocacy and research. "I became committed to setting aside time to look up as much as I could, and ask questions," Sheena shared. "You learn to become an advocate. I've become a stronger person in general because of Nolan, and I've learned so much. We have to be the voice for him."

According to Wikipedia, "Menkes disease (MNK), also known as Menkes syndrome, is an X-linked recessive disorder caused by mutations in genes coding for the copper-transport protein ATP7A, leading to copper deficiency. Characteristic findings include kinky hair, growth failure, and nervous system deterioration. Like all X-linked recessive conditions, Menkes disease is more common in males than in females. The disorder was first described by John Hans Menkes in 1962. Onset occurs during infancy, with incidence of about 1 in 100,000 to 250,000 newborns; affected infants often do not live past the age of three years, though there are rare cases in which less severe symptoms emerge later in childhood."



In Sheena's words, "Copper is responsible for everything. Your connective tissues, your muscles, veins, the makeup of your whole body and regular development. With Menkes, the copper transporter is defective." Nolan's mutation is severe and therefore nothing is getting to his brain. Even if he was injected with copper, it wouldn't cross the blood brain barrier, therefore it wouldn't be effective. "He is basically forever like a three-month-old cognitively," Sheena explained. "He can't hold his head up;

he won't walk or talk. It affects his eating, so he was aspirating everything. We had to get a G-tube in his belly, and he can only get fed through his stomach, nothing by mouth. He has issues with the tissue in his bladder, so he cannot urinate and was having UTIs, so we have a little catheter. It affects everything." The typical life span is around three years; however, they have been seeing a lot of kids live a lot longer. A lot of that may be due in part to moms/parents sharing information and seeking out doctors and having a support network.

"Even though it is very isolating, there are so many people going through similar things. It's just a matter of being mentally ready to seek it out. You should reach out and have other people to talk to, whether that is a therapist, a friend or even a stranger."

– Sheena Zent

Online forums have been a vital lifeline for Sheena and Stephen. Through the experiences of other families of children with Menkes, they've been able to learn from each other, better advocate for their children and realize they are far from alone on this journey. Because of these online groups, even doctors know better what to expect. "I can see what the other children are having problems with at ages five or six and anticipate these issues. Then I bring it up with the doctors," Sheena said. "Even the doctors in Chicago ask, 'What did your mom's group say?'"

In February of 2019, little Nolan was having a rough time breathing and vomiting sporadically for six weeks. They were trying different medications, but to no avail. They needed to go to Chicago. One of the doctors mentioned Center for Hospice Care (CHC) and the day before he was transported to Chicago, Sheena and Stephen met with Kathy Eash, nurse practitioner at CHC. "We were initially closed off," Sheena said. "You think of hospice, you think of end of life. We felt if we chose hospice, we're giving up on him." The Zents learned they had misconceptions about hospice services, and they learned that starting care with CHC was far from giving up on their beautiful son.

For many pediatric patients, families may be able to pursue any treatments for their child while receiving hospice and palliative care services. This "concurrent care" allows coordination of services between all involved healthcare providers. When families learn that they don't have to stop pursuing the treatments they desire, they start to listen to what hospice care can provide. "There was a mom out of state who mentioned that a nurse comes to her house a couple times a week from hospice to take her son's vitals," Sheena continued. "She still goes to doctors' appointments. It doesn't stop her. It's not one or the other. It's a nice mesh of both worlds. We knew we

wanted to get involved 100%. When we were transported to Chicago, we met with their palliative care team and they communicated with CHC. Everything was just easy. We learned about all the options and support that would make our life so much easier. This was a no brainer."

Even within the first few days of starting to work with CHC, Sheena and Stephen felt the additional support. They added more advocates to their support network. "It has been such a stress relief for me and my husband and our nanny too," Sheena shared. Calling doctor's offices and

pharmacies had easily eaten up a good chunk of their day. Balancing regular schedules at work and the needs of their daughter in addition to Nolan's medical needs, was increasing their stress and affecting their quality of life. She and her husband were stopping by the pharmacy every two days because of different medication due dates. "Now, if we're low on a medication, we just write it down on a sheet. On Tuesdays our nanny will talk with the CHC nurse and we'll get it the next day." With his frequent UTIs, the Zents would have to take him out of the house to get his urine samples tested. Now, with CHC, the nurse can bring those sample cups and then drop them off at the lab. "It cuts down on time and cost," Sheena continued. "Even things like a hospital bed. That was an amazing thing. We were talking about this bed that circulates air, since he can't move. I called our nurse in the morning and asked her more about it. By 8:00pm that same day it was delivered. It would have taken months if we tried to go through our doctors and insurance. We were so excited. It's been great." It isn't uncommon for CHC staff to hear that older patients wish they started care with us earlier. The same is true for pediatric patients. "It was nice to get another set of healthcare eyes on him. Now we have another person in the field that can help us advocate for him. That alone is a big deal. My husband and I realized, 'We should have done this earlier.'"

Making the decision to start with CHC seems so easy after the fact. However, the process of making the choice takes quite a bit of work. The reality is there are many other people that need to hear the message and knowing the story of someone who's been there can assist that person or family to move forward. "Even though it is very isolating, there are so many people going through similar things. It's just a matter of being mentally ready to seek it out," Sheena shared. "You should reach out and have

A photograph of two young children sitting on a white, textured lawn chair outdoors. On the left, a young girl with long brown hair, wearing a pink polo dress, is smiling at the camera. On the right, a young boy with short brown hair, wearing a multi-colored striped shirt and dark shorts, is also smiling and has his hand near his face. The background is a green lawn.

Families also have to process heavy realities while somehow maintaining routine and normal activities of their lives. It's a confusing balance. "I just see so many parents that don't take care of themselves," she continued. "You have to set time aside and do something that makes you happy, because then you are energized, in a good mood and are able to be a good role model." Many parents simply find it hard to set aside space for themselves. The children will benefit when the parents take time out for self-care. Young siblings, like Naya, may not comprehend the gravity of their sibling's prognosis.

Sweet Nolan passed away in our (his parents) arms and surrounded by close family and his nanny on February 6, 2020 after a courageous battle with Menkes Disease. We miss him every minute of every day, but we take comfort in knowing that he changed our lives and touched so many others. Steve and I decided shortly after Nolan's diagnosis, that no matter what, we would have no regrets. We would do our best to take care of him and love him and be comfortable with that. With the help of our support system, doctors, nanny, nurses, and the Center for Hospice Care, we were able to stand by our goal of having no regrets to this day. As a family, we reminisce about Nolan through stories, pictures, and videos daily, and say a prayer for him every night led by his big sister. He may be gone, but his memory will live on forever.

Caring for patients in Elkhart, Fulton, Kosciusko, LaGrange, LaPorte, Marshall, Porter, St. Joseph and Starke Counties in northern Indiana.



Center for
Hospice Care

choices to make the most of life™



Hospice
Foundation



The Grandest Love Story: Father Ruetz's Legacy

By Kristiana Donahue

"Surprise! I am still living! On January 10, 2019 Dr. Strzelecki, after a CT scan told me I had prostate bone cancer. I figured I would be dead in a few months. Four months later I wrote the enclosed letter dated, "Close to my death." When I visited my doctor four months later, I told him I thought I would be dead by now. At the end of our visit, he looked at me with a smile on his face and said, "I will see you in four months!"

– Christmas Letter written by Father Ed Ruetz on December 12, 2019

Father Ed is passionate about telling a story, The Love Story of Creation. His lifetime of discovery and curiosity birthed these published books (Book I and II) that creatively share his views of God, creation and love. When he was a kid and he prayed, he said that God was about 12-13 miles up in the sky. "It started with love. It's God's divine love that started it. The God that I thought was 12 miles up in the sky, has followed this long journey and is very intimate to it."

Father Ed designed this book to be an encouragement to others, especially those who have wrestled with the ideas of creation and evolution. "It is written especially for young people to help them understand that they can accept both belief in God and the 15 billion years of the scientific story of evolution," he shared in an introduction of Book II.

In 1988 he was one of seven founding members of an ecological community, EARTHWORKS INC., Donaldson, IN. He served nine years on its board and as head of the education committee which presented ecological programs for children and adults. That paved the path for his deep investigation of creation and evolution's relationship.

Early in his priesthood, Father Ed spent about eight years at Saint Mary's Church, which was adjacent to the black community. "We were involved in the Civil Rights Movement," Father Ed shared. "We had the leading feminist in Fort Wayne. We were really helping in the neighborhood. We had a clinic for people that needed hospital care. We had doctors that donated services. We had a place where they could get soup every day. It was just an outgoing parish. That really formed my life."



In 1974 he got a job at Holy Cross Junior College. He taught five years there and was a chaplain to the brothers. "One of the brothers who was training to be an LPN and worked at Saint Joseph Hospital in Mishawaka under a Benedictine priest asked if I would come with him to start a pastoral care department there," he reminisced. "I said yes. We had a wonderful department. I spent 15 years there, dealing with death and dying every day as a chaplain." This is also where



he met Dr. John Krueger, one of the pioneers who started the hospice movement in our area. Dr. Krueger, along with a group of individuals, established Hospice of St. Joseph County, Inc. in 1978, which today is Center for Hospice Care.

Father Ed's love for others, all of humankind, is evident in his message. "I have loved my identity as a priest," he shared in his final letter to his loved ones. "When people asked me, 'What were your most important experiences as a priest?' I answered, 'My relationship with the people I met in my ministry!' The personal stories of the People of God, whom I met, taught me and honed my theology all the way through the years of my priesthood."

The culmination of his life's work has been to share the story of love that is shown throughout creation and the continual evolution of the world. "I've done this my whole life, but I didn't realize I was part of this evolutionary journey and trying to push the human race toward greater unity and realize it started with divine love and all of the energy forces in the universe are God's love."

As we all look forward towards the end of our life on this earth, it takes a leap of faith and Father Ed shared his ideas about this. "The bishop said, 'What do you think heaven is like?' I said, 'I don't know, but when I take that leap of faith, I'm going to find out.'" About six years ago, his brother-in-law was dying and during his visit with him, Father Ed encouraged him with words about faith. "We were sitting in the living room one day," he remembered. "He said, 'Ed, I think I'm losing my faith. I wonder if there is a God.' I said, 'Don, you're not losing your faith. You're coming to understand what faith really is. A belief in something that you can't prove. So when I make the leap of death, I really believe and my faith tells me, God is on the other side. I can't prove that physically, but that is what faith is.'"

One of the most remarkable gifts Father Ed has given are the letters he has left for his friends and family. After he received his cancer diagnosis and started care with Center for Hospice Care, he realized that sharing what he's learned is one of his acts of love. "I am enclosing with this letter my Farewell Statement," his letter says. "This Final Testament is my gift to you! It expresses some of the wisdom and knowledge that I have come to understand through my long life on our blue, green, brown planet Earth!" And perhaps not surprisingly, Father Ed has surpassed his previously understood time. He had to write a second letter, in December 2019, sharing that he is still alive! He writes in the second letter, "So I live day by day, week by week, month by month. I am ready for death!"

He continues to share his love and wisdom to others. Currently residing in an assisted living community, he will often find new people every day to share meals with. Living life fully is engaging in the lives around him and sharing The Love Story of Creation. "When I was growing up I was taught that I have a conscience," he explained. "If I do an act that is against my conscience, I'm not loving myself. I'll take any sin, and I'll look at it and say—it is a failure to love. That is what life is all about. It's love that is driving the universe and it's love that should be pulling the human race together."

Q & A With Dr. Karissa Misner Center for Hospice Care's Medical Director



Tell us a bit about your family and where you're from.

I grew up in Northern VA but both of my parents are originally from Indiana. My dad grew up in Bremen and his brothers and sisters still live in this area. My husband, Matt, is a Pediatrician and works for Maple City Health Care

Center in Goshen, IN. We have 3 children – Tyrian (age 2), Violet (age 8) and Lydia (age 10). Lydia and Violet attend Mishawaka Catholic School.

Do you have any interesting hobbies or talents?

With three young active children, I don't have a whole lot of time for my own personal interests. When I do have free time, however, I enjoy reading motivational/faith based books. I find solace in attending mass. I like to cook with my daughters and create menus during the holidays and on special occasions with them. I can read old cookbooks for hours at a time.

Why did you decide to go into the medical field?

I decided to go back to medical school after obtaining a Masters degree in physical therapy and working as a Physical Therapist for 5 years. I worked primarily in nursing homes and enjoyed taking care of the elderly population. I developed a strong interest in helping the elderly not only regain their strength and independence, but also found myself wanting to help take care of their medical issues.

What is your background in medicine?

After medical school I did a four-year residency at The Johns Hopkins Hospital in Baltimore, MD. I specialized in Physical Medicine and Rehabilitation since it aligned well with my experience as a physical therapist. I practiced for 10 years in this specialty, working as Medical Director of several inpatient rehabilitation units.

When were you introduced to hospice care?

I have known about hospice care for quite some time now, as I spent five years working in nursing homes prior to going to medical school. I was always interested in end-of-life care and tried to refer my patients sooner

rather than later to hospice if they qualified. My grandmother lived in our home under hospice care while I was in residency training.

Why do you want to work in hospice care?

My husband and I served as medical missionaries in Arequipa, Peru for 2 years. Our children came with us. I cared for a number of dying/critically ill patients there with very little resources. I had always been interested in hospice care, but my experiences in Peru solidified my passion for caring for people at the end of life.

What are you most looking forward to as Medical Director at CHC?

We have a very diverse medical staff, each with different personalities and gifts. I am looking forward to developing our medical staff so that they can each utilize and grow their own special talents. I am also hoping to develop strong, cohesive relationships between the medical staff and all of the other disciplines.

What visions/dreams do you have for the work we do?

We all have a very important role to play in the last chapter of our patients' lives. We, as clinical staff members, witness death and dying on a daily basis. We cannot forget, however, that for each of our



Dr. Karissa Misner and her family. Photo courtesy of Chlee Lisi Photography

patients, it is their only death. Each patient is an individual with their own wishes about how their end of life should look and we need to help them write their last chapter the way they envision it.

Any other words?

Center for Hospice Care is a large hospice – the largest not-for-profit hospice in the state of Indiana. Being that big is a blessing, but we need to remember that the quality of the care we give to our patients is

more important than the numbers. Each person at the Center for Hospice Care has an important role to play for the people that choose to have their care under us – from the janitor to the billing office. In order for us to do an awesome job at caring for our patients, we all need to work together.

Notes From Our Families to Center for Hospice Care

She was an exemplary hospice nurse and explained everything to me without me even asking. She knew exactly when I needed a hug or time alone and always had comforting words. She made the final days with mom the best it could've been.

Hospice services were always available. I was able to contact them at any time and they were always helpful guiding me as to what needed to be done.

Excellent experience in all phases of care. Very thankful for this kind of service being offered to us after becoming aware of it.

I would recommend Center for Hospice Care to anyone.

We felt very lucky as a family that our mother was in hospice care. We believe she was kept comfortable and was allowed to die with dignity. We greatly appreciated the care and concern of the staff. We also appreciated that the space was conducive to having all of our family members in and out while still providing a high level of care.

I would not have been able to cope without Center for Hospice Care's help. Thank you so much.

Just a special thank you for your love and support during my mother's illness and death. We only had your service a few days, but it was very worthwhile.

From the initial phone call to the post-death counseling, these wonderful people of hospice made our most upsetting and sorrowful loss so much easier. God bless them!

I just want to say that you have a wonderful organization. Through my husband's illness and death you were most helpful. We could not have handled the situation without you.

We feel we had the best people helping us to cope with what was happening to our beloved husband and father. I can't find the right words to say except thank you so much for the care.

My wife's nurse was excellent. She always called when she was coming to the house and very well informed.

Our family had CHC for mother for 22 months and this recent experience with our father for 2 1/2 months. Both experiences were positive and so helpful. Dad's illness was sudden and terminal, but all of his needs were met immediately. His use of pain meds was only the last four or five days of his life for comfort. Everyone listened to us and answered our questions. They kept us informed each step of the way. I always tell people what a blessing hospice was for both of my parents. The follow up has also been comforting.

I would like to say the Center for Hospice Care nurses were very compassionate in caring for my husband. We were very comfortable with them and appreciated them very much. Our regular nurse attended the visitation of my husband, it was very much appreciated. We thought they were all just great people. Thank you all.

I live 600 miles away, so the hospice nurse needed to communicate often. She did that extremely well. Thank you!

Keeping Pets and People Together

Every year around Memorial Day, the Hospice Foundation sends out their annual Friends of Hospice appeal. This year's campaign centers on raising funds for the new Center for Hospice Care program, Pet Peace of Mind®.

What is Pet Peace of Mind?

This important program benefits our patients – and our community – in a number of ways. It helps our patients enjoy a higher quality of living by helping them keep their pets at home. It gives our volunteer program a new dimension and it reduces the number of pets entering shelters in our community.

Pet Peace of Mind® is a non-profit organization that provides hospices, home health care and palliative care providers with training and tools so they can provide care for the pets of hospice patients. The hospice organization provides specially trained volunteers to assist with daily care like feeding, exercising the pet and pet sitting. They may also arrange trips to the veterinarian, groomer or boarding facility. Another aspect of the program is developing an adoption/foster care plan for pets who need to be placed after the patient dies.



Helping Care for Our Patients Fur-ever Friends

Pets seem to instinctively grasp Center for Hospice Care's mission "to improve the quality of living." Whether it's a wagging tail, a gentle purr or the comfort of a warm, furry body resting nearby, their



love and comfort is an important part of our patients' lives. That's why we have become a Pet Peace of Mind® partner.

"Keeping their pet near them is important to our patients, but they worry about their care. They may no longer be able to clean the litterbox, take the dog for a walk or go to the store to get food. They may not have family members who can help with these tasks," said Craig Harrell, Center for Hospice Care's Director of Marketing and Access. "We find that we also have patients who worry what will happen to their pet after they die. Pet Peace of Mind® addresses all of these concerns."

Improving the Quality of Living for Patients and Pets

Pet Peace of Mind® helps Center for Hospice Care patients keep their beloved pets at home, improving the quality of living for people and pets. While some patients have a network of family and friends who can help with pet care duties, others aren't so lucky. And sometimes, the pet is overlooked during the patient's illness or after the patient dies by loved ones who don't understand the bond between the patient and their pet. If you love animals and are interested in volunteering for the program, please visit CFHCare.org/volunteers and complete the Volunteer Application.

If you would like to support the Pet Peace of Mind® program, visit FoundationForHospice.org/ppom. All funds raised will support this program and increase the quality of living for our patients and their families.

40 years celebrating life

CHC by the Numbers

40

Years serving Northern Indiana

+40,000

Patients and families served since 1980

+429

Patients and families served daily

0

Number of patients refused care based on ability to pay in history of the organization

\$11 million

Amount of charity care, non-reimbursed and write-offs of services in the **last 5 years**

248

Employees

+4,500

Individual and family counseling sessions in 2019
64% of those sessions were community clients without a hospice connection

500

Volunteers

1,068

Youth have participated in Camp Evergreen over the past 26 years

2,043

Veterans served since 2012

Center for Hospice Care is a community based, not-for-profit organization, improving the quality of living through hospice, home health, grief counseling and community education.

Bereavement Groups

Please call for dates, times & locations. Services are free but registration is required.
Call 574-255-1064 for more information if interested in any of the following groups.

Children's and Teen's Services

Children's Grief Support Group: A once per week *time-limited* group providing education and emotional support to children, ages 6-12, dealing with the death of a loved one.

Teens Grief Support Group: This is an ongoing group for teens, ages 13-17 (18 if still in high school), who have experienced the death of someone significant in their lives. The group provides grief education and the opportunity for grieving teens to share with and be supported by their peers.

School Groups: *Time-limited* grief support groups are offered at area schools. Please call for locations.

Camp Evergreen:

- A weekend grief camp in early summer for youth and teens ages 10-17 (18 if still in high school) who have experienced the death of a significant person in their lives.
- A Saturday workshop in the fall for parents/guardians and their children, ages 6-12, who have experienced the death of a significant person in their lives.

Grief Support for Adults

Living With Loss: A once per week, *time-limited* group providing education and support for individuals who have experienced the death of a significant person in their life. Offered periodically at each office location.

Finding Resilience Group: An *ongoing* support group for individuals who have completed a Living with Loss group and are early in their grief journey.

Rebuilding Our Lives: An *ongoing* support group for those who are further along in their grief journey and are focused on building a new life.

Yoga Grief Support Group: An *ongoing* grief group using gentle mat yoga to help you focus on and cope with your physical and emotional grief. Facilitated by Bereavement Counselor Annette Deguch RYT500 (Registered Yoga Teacher) and offered at our Mishawaka office. Open to current clients of the Bereavement Department.

Forget Me Not: An *ongoing* support group for parents who have experienced the death of a baby during pregnancy, childbirth, or infancy. Offered at our Mishawaka office.

Young Widows and Widowers Support Group: An educational and *ongoing* support group for widows/ widowers age 55 and under who have recently experienced the death of their partner or spouse. Offered at our Mishawaka office.

Good Grief Gals Tea: An *ongoing* support group for women whose partner/spouse has died.

Good Grief Guys: A *monthly* breakfast for men dealing with the death of a partner/spouse.

The Hero Within: An *ongoing* experiential grief group that explores how the human spirit is not defeated by suffering and even in the face of death can grow stronger with honesty, courage and love. Offered at our Plymouth office.

Loss After Addiction Group: An *ongoing* educational and grief support group for people who have experienced the death of a loved one to overdose and/or abuse of alcohol/ drugs. Offered at our Mishawaka office.

Suicide Survivor's Support Group: An *ongoing* support group for anyone who has experienced the death of a significant person from suicide. Offered at our Plymouth office.

Crafting Memories: A group that supports healthy memory work through crafts. Completion of a Living with Loss group is required.

Additional Grief Services

Please call for more information.

Memorial Service: A service of remembrance is offered once a year.

After-Images Art Counseling Program: Provides an opportunity for Individuals to explore grief through the use of art, painting and drawing in an expressive counseling program. No art experience is needed. Offered at our Mishawaka office.

Daughters Remembering Retreat: A retreat for women who are at least six months since the death of their mother. It provides a supportive grief experience with facilitated group sharing and time for individual reflection.

Grief Forum: A series of educationally focused sessions offered in the summer.

Handling the Holidays: Educational and supportive sessions focused on ways to cope with the holidays.

Movie & Chat Events: Join other bereaved in viewing a movie with grief themes and then participate in an optional roundtable discussion. Offered regularly throughout the year.

Presentations: Bereavement Counselors are available to do presentations on issues related to grief and loss and death and dying.

Dreams and After Death Experiences: A *time-limited* group designed to explore and share encounters with loved ones in dreams and events post death. Offered periodically in Mishawaka.

Pen & Paper Group: A *time-limited* writing group that provides opportunities for the expression of thoughts and feelings through guided writings and group support. No writing experience needed. Offered periodically in Mishawaka.

Individual and Family Counseling for all ages is also available.

For more information:

Mishawaka: 574-255-1064 Elkhart: 574-264-3321 Plymouth: 574-935-4511 La Porte: 219-575-7930
CFHCare.org

Volunteer Application

All Information is Confidential
Mail to: 501 Comfort Place, Mishawaka, IN 46545
Attention: Kristiana Donahue or fax to: 574.822-4876

Name: _____ Date: _____

Street Address: _____

City/State/Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Did you serve in the military? Yes or No If yes, which branch: _____

Emergency Contact Person: _____ Phone # _____

Do you have a valid driver's license/current auto insurance and a car for use as a volunteer? _____

Volunteer Position Desired: Patient Care _____ Bereavement Phone Caller _____ Office _____ Fund Raiser _____
Community Relations _____ Complementary Techniques: _____ Vet to Vet _____ Pet Peace of Mind® _____
List Specialty (such as interpreter, licensed hair dresser, massage, pet therapy ,etc.) _____
Intern: (indicate field desired): _____

Days and Hours You Are Available: _____

Volunteer & Work History: (List most recent) _____

Do you have any physical conditions, health problems, or allergies which we should consider before placing you as a volunteer? _____

References: Please list two persons other than family members who have known you for at least one year:

Name	E-Mail Address	Association	Yrs Acquainted

Authorization:
I certify that the facts contained in this application are true and complete to the best of my knowledge. I understand that any false statement, omission, or misrepresentation on this application is sufficient cause for refusal to be considered for volunteer placement. I authorize Center for Hospice Care to contact the above references.

Signature _____ Date _____



choices to make the most of life™

501 Comfort Place
Mishawaka, IN 46545

cfhcare.org



Camp Evergreen 2020

Grief Camp for
Youth and Teens

Weekend Camp • Friday, August 21 - Sunday, August 23

Family Workshop • Saturday, September 19

Learning, Laughter, Fun

Camp Evergreen is a weekend grief camp for youth ages 6-12 and teens up to 17 (18 if they are a senior in high school) and a Saturday family workshop for youth and parents/guardians in the fall. It is for those that have experienced the death of a significant person in their life. It is provided free of charge as a service to our community.

Volunteers Needed

Volunteers are needed to be adult buddies for each youth camper and for small groups of teen campers. We also need adult volunteers to assist with the general activities of camp. Center for Hospice Care trains all volunteers and offers support throughout the camp weekend and during the family workshop.

Volunteers must be 18 years of age or older.

To request a volunteer or camper application packet, please call 574-255-1064 or toll free at 1-800-413-9083, or email us at evergreen@cfhcare.org.

